

Courses

Description

Online Courses

Learn how to practice more effectively and perform more like yourself – even under pressure.

Not fuzzy abstract theory, but concrete and actionable skills that can be applied to your playing today.

Learning that there were decades of research studies on how to practice, beat nerves, build confidence, and shush the relentless critic in my head was pretty transformative for me.

Of course, you don't have to get a Ph.D. in psychology to develop these skills in your own playing. Whether you learn best on your own or through live group classes, there's an option for you below.

Self-Paced Courses

Learn at your own pace, at a time and place that works best for you, with audio, video, worksheets, and step-by-step guidance.

Beyond Practicing

If you've ever wondered why there's such a large gap between how you play in the practice room and how you sound on stage, this course may be for you.

You'll learn evidence-based techniques for managing nerves more effectively, how to practice specifically for skill retrieval under pressure, build confidence, and get the voice in your head to shush when you're on stage.

Now in its third edition, over 5000 musicians from advanced beginner to audition-winning professionals and university faculty, from age 12 to 70+, have used this mental "bulletproofing" course to learn how to play more optimally under pressure when it counts.

[Learn More](#)

Practice That Sticks

If you've been puzzled (or ?) by how little of your work "sticks" from day to day, and feel like you should be seeing more tangible progress, this 60-minute course will explain why, and teach you how to make this – and every day – a good practice day.

[Learn More](#)

Live (Online) Workshops

Learn alongside a cohort of other musicians and lifelong learners, as you attend live Zoom sessions, engage with your fellow group members, and complete a series of homework assignments from one week to the next.

Performance Psychology Essentials for Educators

In this live 6-week course, specifically designed for **educators**, you'll learn how to teach your students to manage nerves more effectively, get into "the zone" more consistently, and become more confident performers and self-efficacious practicers. Or in other words, develop a more positive relationship with both practicing and performing.

[Learn More](#)

Performance Psychology Essentials for Learners

This live 4-week course, specifically for **students** and **lifelong learners**, will provide you with essential tools to help you make the most of your limited practice time, and develop more confidence in your ability to perform your best on stage.

[Learn More](#)

Individual Coaching

Performance Coaching

The courses and workshops above will prepare you for many of the situations and challenges you're likely to encounter. But if you have a particularly stressful audition or performance coming up, and are looking for a bit of additional help along the way, 1-on-1 coaching is also a potential option.

[Learn More](#)

[BEYOND PRACTICING](#)

"I have performed since I was a child, and am now in my 60's, and have always had severe stage fright leading up to a performance, which sometimes resulted in performances being less than my best. Since working in *Beyond Practicing*, **my stage fright is gone, my performances are solid, and I am playing with much more feeling (and enjoying it!).** Can't recommend this course enough!"

J.C.Harp

[BEYOND PRACTICING](#)

"I wanted to let you know that I performed a recital at the annual international conference last week and it was the first time I had played at one of those without beta blockers. A bunch of people said **it was the best they had ever heard me play!** I was amazed how much more comfortable I felt and how much more fun I had."

M.F.

[PERFORMANCE PSYCH ESSENTIALS](#)

"Just wanted to say that this was the **best online course I have ever attended.** The platforms you used and the resulting levels of interactions were so impressive and made it as close to the classroom as can be. In terms of content, I am now in a different place to where I was when I started. So incredibly useful. It has **transformed the way I practise.**

I.B.Clarinet

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Couldn't find what you were looking for?

If the classes above don't quite address the specific challenge that you're looking to address, [send me an email](#) and let me know what you were hoping to find.

I might be able to recommend a different resource to explore. Or if one doesn't exist, maybe I'll be able to create it!

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